



KALISPELL
Resource Guide for
Individuals Recovering from
Heart Disease or Stroke



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If you've been diagnosed with coronary artery disease or experienced a heart attack or stroke, you are at an increased risk of having future cardiovascular events. Procedures to treat cardiovascular disease do not cure it, so it's very important to work on the things that contributed to the development of the disease – often referred to as risk factors. Risk factors include smoking, diabetes, high cholesterol, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation and TIA's (mini strokes) are major risk factors for stroke. Lifestyle changes, combined with medical care, can help you to improve these risk factors and reduce your risk of heart attack or stroke. This resource guide provides information on programs and services in the Kalispell area to help you make these lifestyle changes.

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This document is also posted on the Montana Cardiovascular Health Program web site at <http://montanacardiovascular.mt.gov>

CARDIAC REHABILITATION

Cardiac rehabilitation (rehab) is a program that includes therapeutic exercise, education and emotional support for people who have had a heart attack, bypass surgery or other type of heart problem. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health. Cardiac rehab usually begins 1–4 weeks after hospital discharge. Physician referral is required, and the fees are covered by most health plans.

KALISPELL REGIONAL MEDICAL CENTER

The Summit Medical Fitness Center
205 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 751-4504

NORTH VALLEY HOSPITAL

Glacier Medical Associates
Whitefish Cardiac Rehab
1111 Baker Avenue
Whitefish, MT 59937
Phone (406) 862-2515

STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that includes physical activity, education, lifestyle adaptations and emotional support for people who have had a stroke. The goal of stroke rehabilitation is to help you return to daily activities and maintain your best possible physical and emotional health. Physician referral is required, and fees are covered by most health plans.

KALISPELL REGIONAL MEDICAL CENTER

Inpatient Rehabilitation
320 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 756-4720

NORTH VALLEY HOSPITAL

Whitefish Physical Therapy
& Sports Medicine
711 East 13th Street
Whitefish, MT 59937
Phone: (406) 862-9378

KALISPELL REGIONAL MEDICAL CENTER

Outpatient Physical, Occupational & Speech Therapy
The Summit Medical Fitness Center
205 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 751-4520

DIABETES MANAGEMENT PROGRAMS

Diabetes management programs teach individuals how to manage their diabetes to minimize health complications. Diet, exercise, medication management and glucose monitoring are some of the topics covered. Staff members include nurses and registered dietitians with special training and experience in diabetes management. Individual and group classes may be available. Physician referral is recommended, and fees may be covered by some health plans.

KALISPELL REGIONAL MEDICAL CENTER

Diabetes Education Program
310 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 756-2716

ANGELA ST. JOHN, APRN-BD, FNP

Comprehensive Diabetes Management
2668 E. Edgewood Drive
Whitefish, MT 59937
Phone: (406) 892-8983



NUTRITION EDUCATION/COUNSELING

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly. The counseling is usually individual but may include group classes with topics related to portion control, label reading and goal setting. Physician referral is recommended, and fees may be covered by some health plans.

THE SUMMIT MEDICAL FITNESS CENTER

Summit Nutrition Services
205 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 751-4128

NORTH VALLEY HOSPITAL

Nutrition Services—Carrie Archibald
1111 Baker Avenue
Whitefish, MT 59937
Phone: (406) 863-3519

SUPPORT GROUPS

WEIGHT LOSS – Meets the 1st Wednesday of the month at 5:30 PM.
Location: The Summit Health Center, 205 Sunnyview Lane, Kalispell
Phone: (406) 751-6779

DIABETES – Meets the 1st Wednesday of the month from 4–5 PM.
Location: Buffalo Hill Conference Center, Kalispell Regional Medical Center
Phone: (406) 751-6779

PHYSICAL ACTIVITY

These programs and facilities can help you to improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.



NORTH VALLEY HOSPITAL

Glacier Medical Associates
Lifestyle Fitness Counseling &
Weight Loss – Cathy Relf, RN MS
1111 Baker Avenue
Whitefish, MT 59937
Phone (406) 862-2515

THE SUMMIT FITNESS CENTER

205 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 751-4100

THE WAVE

1250 Baker Avenue
Whitefish, MT 59937
Phone: (406) 862-2444

FLATHEAD HEALTH & FITNESS

300 1st Avenue West
Kalispell, MT 59901
Phone: (406) 752-2438

MONTANA ATHLETIC CLUB

850 Holt Drive
Bigfork, MT 59911
Phone: (406) 837-2582

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free of charge to physicians with patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

NEEDYMEDS.COM

www.needymeds.com

Phone: (215) 625-9609

Services Provided:

This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The web site has a listing of pharmaceutical company programs, medications and applications for many programs. NeedyMeds is an information source, not a program itself.

MEDICARE PART D

www.dphhs.mt.gov

1-800-MEDICARE

Services Provided:

To learn more about the Medicare-sponsored drug insurance program, call 1-800-MEDICARE.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Web: www.pparxmt.org

Phone: 1-888-477-2669

Services Provided:

Drug companies, doctors, health care providers, patient advocacy organizations and community groups have combined resources to help qualifying uninsured people get free prescription medications.

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

BIG SKY RX

Web: www.dphhs.mt.gov/prescriptiondrug/bigsky.shtml

Phone: 1-866-369-1233

Services Provided:

Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare – Medicare Part D. For more information, call the number above or write to: Big Sky Rx, P.O. Box 202915, Helena, MT 59620.



SMOKING CESSATION PROGRAMS

If you smoke or use tobacco products, QUIT! Smoking increases the risk of heart disease and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

FREEDOM FROM TOBACCO

Community Health Promotion
The Summit Medical Fitness Center
205 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 751-4511

Services Provided:

Individual and group counseling available. Contact Doug Mead at the number above for more information.

MONTANA TOBACCO QUIT LINE

Montana Tobacco Use Prevention Program
Phone: 1-866-485-QUIT (7848)

Services Provided:

The quit line is a free telephone service for all Montana residents. Smokers, chewers, family members and health care providers are all welcome to call for tobacco cessation information. If desired, an individual may enroll in a six-week counseling program. The six-week program includes free nicotine replacement therapy. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.



SPECIALTY CLINICS & PROGRAMS

These clinics and programs provide specialty services that may be appropriate for certain individuals recovering from heart disease or stroke.

INTERNATIONAL HEART INSTITUTE

Kalispell Regional Medical Center
350 Heritage Way, Suite 2100
Kalispell, MT 59901
Phone: (406) 751-5706

Services Provided:

The Institute, based in Missoula, brings together an internationally recognized team of cardiologists, heart surgeons, and researchers from St. Patrick Hospital and Health Sciences Center and the University of Montana. This collaboration between St. Patrick Hospital and Health Sciences Center, the University of Montana and Kalispell Regional Medical Center allows physicians and scientists to perform the most advanced cardiac procedures and to search for new and improved ways to treat heart disease.

ROCKY MOUNTAIN HEART & LUNG

350 Heritage Way, Suite 2100
Kalispell MT 59901
Phone: (406) 257-8992

Services Provided:

On-site cardiology services and testing. Specializing in all aspects of cardiology including diagnostic catheterization, cardiac intervention, pacemaker implantation, echocardiography, nuclear cardiology, treadmill testing and consultative cardiology. Provides heart failure management, anticoagulation services, and implantable device management. Active in cardiovascular research and clinical trials.

JOHN STEPHENS, M.D.

1250 Burns Way
Kalispell, MT 59901
Phone: (406) 751-2155

Services Provided:

Comprehensive stroke rehabilitation. Call the number above for more details.

SPECIALTY CLINICS & PROGRAMS

GLACIER NEUROSCIENCE AND SPINE CENTER

200 Commons Way
Kalispell, MT 59901
Phone: (406) 752-5095

Services Provided:

Board Certified Neurologists offering expert services in evaluation of the cause of stroke and recommendations for the best treatment and prevention strategies.

NORTH VALLEY HOSPITAL ANTICOAGULATION CLINIC

North Valley Hospital
6575 Highway 93 South
Whitefish, MT 59937
Phone: (406) 863-3543

Services Provided:

- Finger stick method for getting sample of blood
- PT/INR results available within two minutes
- Medication dose can be adjusted, if needed, prior to you leaving the clinic
- Written and verbal instruction regarding your dosage adjustments
- Same day report faxed to your doctor

GLACIER MEDICAL ASSOCIATES ANTICOAGULATION CLINIC

1111 Baker Avenue
Whitefish, MT 59937
Phone: (406) 862-2515

Services Provided:

- Finger stick method for getting sample of blood
- PT/INR results available within two minutes
- Medication dose can be adjusted, if needed, prior to you leaving clinic
- Written and verbal instruction regarding your dosage adjustments
- Same day report faxed to your doctor

HOME OPTIONS—HOME HEALTH

Kalispell Regional Medical Center
175 Commons Loop, Suite 100
Kalispell MT 59901
(406) 751-4200

Services Provided:

Skilled nursing, home health aides, personal care attendants, physical, occupational and speech therapy,

SPECIALTY CLINICS & PROGRAMS

S.T.A.R. CLINICAL MENTORING PROGRAM

The Summit Health Center
205 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 751-4106

Services Provided:

The Step-up To Active Rehab program functions as a bridge between medically supervised therapies and self-sufficiency. S.T.A.R. is for individuals with diagnosed medical problems requiring additional rehabilitation, with or without supervision.

THE NEXT STEP

The Summit Health Center
205 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 751-4131

Services Provided:

The ideal class for the transition from physical therapy to independent exercise. The 30-minute class emphasizes flexibility and balance and is excellent for individuals with a history of neurological or physical challenges. Call the number above for more information.

AGENCY ON AGING

723 5th Avenue East, Room 205
Kalispell, MT 59901
Phone: (406) 758-5730

Services Provided:

Nutrition and health promotion programs, insurance counseling, transportation services, homemaker, respite and caregiver support. The Agency has a community resource directory that includes a variety of information including financial assistance, long-term care, housing, and legal issues. A lending library is available with books, videos and cassettes covering a wide variety of subjects.

CPR CLASSES

Kalispell Regional Medical Center
310 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 751-5435

North Valley Hospital
6575 Highway 93 South
Whitefish, MT 59937
Phone: (406) 863-3513

CONSUMER HEALTH INFORMATION

These organizations and web sites are sources of credible medical and health information.

COMMUNITY HEALTH LIBRARY

North Valley Hospital
6575 Highway 93 South
Whitefish, MT 59937
Phone: (406) 863-3669

Services Provided:

NVH offers health and medical information with confidential and personal assistance. A wide range of resource materials can be checked out. Internet access is also available. Hours are Monday–Thursday 11am–2pm or by appointment. Call the number above for more information or e-mail to: library@nvhosp.org.

MEDICAL LIBRARY

Kalispell Regional Medical Center
310 Sunnyview Lane
Kalispell, MT 59901
Phone: (406) 752-5111

SERVICES PROVIDED:

Kalispell Regional Medical Center has an on-site medical library staffed by a professional medical librarian. The Medical Library is committed to excellence in health through access to information. For more information, please call the number above or e-mail: medical_librarian@krmc.org.



ORGANIZATION

WEB SITE

American Council on Exercise	www.acefitness.org/fitfacts/
American Dietetic Association	www.eatright.org
American Heart Association	www.americanheart.org
American Stroke Association	www.strokeassociation.org
Kalispell Regional Medical Center	http://www.krmc.org/
Montana Association of Cardiovascular & Pulmonary Rehabilitation	www.angelfire.com/mt2/macvpr/
Montana Cardiovascular Health Program	http://montanacardiovascular.mt.gov
Montana Dietetic Association:	www.montanadieticassociation.org
National Heart, Lung, and Blood Institute	www.nhlbi.nih.gov
North Valley Hospital	http://www.nvhosp.org/nv.nsf/View/Home
Social Security Administration	www.socialsecurity.gov
Social Security Administration	www.socialsecurity.gov
The Summit	http://summithealthcenter.com/info.htm
USDA Food Guide Pyramid	www.mypyramid.org

SIGNS AND SYMPTOMS OF HEART ATTACK AND STROKE

It is extremely important to be aware of the warning signs of a heart attack or stroke. Treatments are available to reverse the detrimental effects but can only be initiated within a short period of time after symptom onset. Familiarize yourself with the following warning signs recognized by the American Heart Association:

HEART ATTACK:

Symptoms can come on quickly with intense pain or discomfort. However, symptoms commonly start out less intense, leading some to believe it is not an emergency. Common symptoms include:

- Chest discomfort
- Pain or discomfort in the shoulders, arms, neck or jaw
- Shortness of breath
- Nausea
- Lightheadedness
- Sweating

STROKE:

Symptoms of stroke are usually characterized by a rapid onset. Many times, individuals having a stroke are confused and may not understand what is happening. Common symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone you witness experience one or more of these symptoms, **CALL 911** immediately.

QUESTIONS?

If you have questions about this resource guide, contact:

MIKE MCNAMARA, M.S.
MONTANA CARDIOVASCULAR HEALTH PROGRAM

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620

Phone: (406) 444-9170

Fax: (406) 444-7465

E-mail: mmcnamara@mt.gov

WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Kalispell-area guide.

1. Was the guide useful? Yes No

2. Which sections did you use as a reference?

- Cardiac Rehab Facilities
- Stroke Rehab Facilities
- Diabetes Management Programs
- Nutrition Education/Counseling
- Support Groups
- Physical Activity
- Prescription Drug Patient Assistance Programs
- Smoking Cessation
- Specialty Clinics & Programs
- Consumer Health Information/Web Sites
- Heart disease and stroke signs

3. What other kinds of information would be useful to include in this guide?

4. Other comments or suggestions:

Please return this form to:

Mike McNamara, M.S.

Montana Cardiovascular Health Program

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620-2951

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